

| M-CE | IMIĘ | NAZWISKO | NUMER | PŁEĆ | MIASTO | KLUB | M-CE W KATEGORII | KAT. WIEKOWA | CZAS NETTO | CZAS BRUTTO |
|------|----------------|---------------|-------|------|------------------|--|------------------|--------------|-------------|-------------|
| 1 | Aleksander | Zięba | 255 | M | Strzyżowice | Gmina Psary | M20 | 1 | 00:18:20.39 | 00:18:21.55 |
| 2 | Paweł | Łakomski | 191 | M | Gliwice | Bojkow Team | M40 | 1 | 00:19:23.69 | 00:19:25.08 |
| 3 | Damian | Łabasz | 190 | M | Łaziska Górne | STS Biegaton Mikołów | M30 | 1 | 00:19:24.53 | 00:19:25.78 |
| 4 | Mateusz | Sitko | 199 | M | Mikołów | STS BIEGATON MIKOŁÓW | M30 | 2 | 00:19:59.38 | 00:20:00.78 |
| 5 | Mateusz | Muskała | 151 | M | Chorzów | Biegające Bataty | M30 | 3 | 00:20:17 | 00:20:19 |
| 6 | Łukasz | Majewski | 145 | M | Dąbrowa Górnicza | | M30 | 4 | 00:20:22 | 00:20:24 |
| 7 | Radosław Dawid | Wrana | 99 | M | Skrbeńsko | | M20 | 2 | 00:20:25.05 | 00:20:25.05 |
| 8 | Grzegorz | Połomski | 264 | M | Rydułtowy | Połomscy Team | M40 | 2 | 00:20:34 | 00:20:35 |
| 9 | Adam | Świtalski | 203 | M | Chorzów | SKPB Katowice | M30 | 5 | 00:21:08.53 | 00:21:09.94 |
| 10 | Łukasz | Klisiatys | 189 | M | Chorzów | | M30 | 6 | 00:21:13.36 | 00:21:14.71 |
| 11 | Konrad | Łuszcz | 192 | M | Będzin | Biegowa Kuźnia | M20 | 3 | 00:21:16.65 | 00:21:17.97 |
| 12 | Mariusz | Ochałek | 152 | M | Katowice | | M30 | 7 | 00:21:23 | 00:21:28 |
| 13 | Łukasz | Mika | 268 | M | Rydułtowy | Fundacja Myśl Pozytywnie, Działaj Odważnie | M40 | 3 | 00:21:29.44 | 00:21:30.78 |
| 14 | Piotr | Cebula | 117 | M | Łaziska Górne | | M30 | 8 | 00:21:35 | 00:21:36 |
| 15 | Agnieszka | Macura | 194 | K | Bažanowice | | K20 | 1 | 00:21:44.42 | 00:21:45.82 |
| 16 | Adrian | Nowakowski | 62 | M | Bytom | | M40 | 4 | 00:22:13.75 | 00:22:13.75 |
| 17 | Arkadiusz | Kowol | 138 | M | Wodzisław Śląski | Silesian Triathlon Team | M40 | 5 | 00:22:13 | 00:22:14 |
| 18 | Mateusz | Mielańczyk | 279 | M | Wodzisław Śląski | | M30 | 9 | 00:22:21 | 00:22:22 |
| 19 | Grzegorz | Gwóźdź | 124 | M | Ożarowice | ŁOgień ŁOżarowice | M30 | 10 | 00:22:33 | 00:22:37 |
| 20 | Mariusz | Skowronek | 200 | M | Katowice | BDB TEAM | M40 | 6 | 00:22:53.04 | 00:22:54.05 |
| 21 | Michał | Podleśny | 157 | M | Rybnik | Edzia & Koke | M30 | 11 | 00:23:00 | 00:23:01 |
| 22 | Adam | Antończyk | 182 | M | Jastrzębie-Zdrój | DKMS Jastrzębie | M50 | 1 | 00:23:00.72 | 00:23:03.11 |
| 23 | Marta | Oczadły | 153 | K | Katowice | Kozak Team | K30 | 1 | 00:23:18 | 00:23:22 |
| 24 | Marcin | Janiak | 30 | M | Bestwinka | | M30 | 12 | 00:23:25.01 | 00:23:25.01 |
| 25 | Sebastian | BołotiuCh | 112 | M | Wola / Pszczyna | PoWoli do Celu | M40 | 7 | 00:23:26 | 00:23:27 |
| 26 | Michał | Kubarek | 46 | M | Mysłowice | | M30 | 13 | 00:23:33.30 | 00:23:33.30 |
| 27 | Wiktoria | Ozawa | 155 | K | Łaziska Górne | Ronin Łaziska Górne | K30 | 2 | 00:23:45 | 00:23:47 |
| 28 | Radosław | Wrzecionowski | 206 | M | Ruda Śląska | | M30 | 14 | 00:23:51.67 | 00:23:53.06 |
| 29 | Monika | Błaszczyk | 108 | K | Bytom | Vege Runners | K20 | 2 | 00:23:52 | 00:23:54 |

| M-CE | IMIĘ | NAZWISKO | NUMER | PŁEĆ | MIASTO | KLUB | M-CE W KATEGORII | KAT. WIEKOWA | CZAS NETTO | CZAS BRUTTO |
|------|------------|-------------|-------|------|------------------|------------------------|------------------|--------------|-------------|-------------|
| 30 | Jacek | Macioszek | 193 | M | Orzesze | | M50 | 2 | 00:24:03.28 | 00:24:06.70 |
| 31 | Michał | Domin | 121 | M | Rybnik | Złote Bączki KlimaFach | M30 | 15 | 00:24:04 | 00:24:07 |
| 32 | Karol | Boczek | 109 | M | Wodzisław Śląski | | M20 | 4 | 00:24:07 | 00:24:11 |
| 33 | Marcin | Buchowiecki | 185 | M | Katowice | | M30 | 16 | 00:24:06.77 | 00:24:11.21 |
| 34 | Damian | Kowal | 136 | M | ŻORY | INŻYNIERIA BIEGANIA | M30 | 17 | 00:24:24 | 00:24:27 |
| 35 | Tomek | Drwięga | 16 | M | Wrocław | | M30 | 18 | 00:24:39.81 | 00:24:40.08 |
| 36 | Miłosz | Kuropka | 140 | M | Ruda Śląska | | M20 | 5 | 00:24:53 | 00:24:56 |
| 37 | Piotr | Brzózka | 114 | M | Gliwice | Gliwice | M30 | 19 | 00:24:58 | 00:24:59 |
| 38 | Edyta | Połomska | 263 | K | Rydułtowy | Połomscy Team | K40 | 1 | 00:24:59 | 00:25:01 |
| 39 | Daniel | Zimoch | 181 | M | Chorzów | FC Cwaniaki | M20 | 6 | 00:25:11 | 00:25:17 |
| 40 | Tomasz | Piechula | 198 | M | Katowice | | M40 | 8 | 00:25:16.04 | 00:25:17.18 |
| 41 | Małgorzata | Szary | 170 | K | Katowice | M.TREN | K30 | 3 | 00:25:18 | 00:25:20 |
| 42 | Adam | Zajac | 178 | M | Jaworzno | Scanfil Mysłowice | M30 | 20 | 00:25:14 | 00:25:20 |
| 43 | Piotr | Wielgosik | 176 | M | Katowice | | M30 | 21 | 00:25:18 | 00:25:21 |
| 44 | Sławomir | Smolik | 270 | M | Świętochłowice | | M50 | 3 | 00:25:21.55 | 00:25:24.98 |
| 45 | Patryk | Grządkowski | 262 | M | Świętochłowice | GoGoGo | M30 | 22 | 00:25:27.00 | 00:25:30.39 |
| 46 | Bartosz | Szwajnoch | 83 | M | Jaworzno | | M20 | 7 | 00:25:41.91 | 00:25:42.74 |
| 47 | Dominika | Odias | 154 | K | Katowice | Biegające Bataty | K20 | 3 | 00:25:47 | 00:25:49 |
| 48 | Marek | Baranek | 5 | M | Bytom | Weber Active Team | M50 | 4 | 00:26:00.15 | 00:26:00.15 |
| 49 | Patrycja | Mielańczyk | 280 | K | Wodzisław Śląski | | K30 | 4 | 00:26:03 | 00:26:04 |
| 50 | Damian | Foks | 122 | M | Warszowice | | M50 | 5 | 00:26:06 | 00:26:07 |
| 51 | Józef | Dyjeciński | 18 | M | Bieruń | TTA BIERUŃ | M60 | 1 | 00:26:09.65 | 00:26:09.65 |
| 52 | Krzysztof | Bielnik | 183 | M | Łaziska Górne | | M40 | 9 | 00:26:15.14 | 00:26:18.57 |
| 53 | Robert | Wleciał | 95 | M | Chorzów | Spartan Chorzów | M30 | 23 | 00:26:27.64 | 00:26:27.64 |
| 54 | Kamil | Łożyński | 269 | M | Chudów | | M30 | 24 | 00:26:31.27 | 00:26:32.61 |
| 55 | Bartosz | Szmyt | 202 | M | Ruda Śląska | GOGOGO | M30 | 25 | 00:26:34.39 | 00:26:39.86 |
| 56 | Rafał | Hamik | 27 | M | Bieruń | RUNAWAYS | M40 | 10 | 00:26:42.03 | 00:26:42.85 |
| 57 | Grzegorz | Sówka | 74 | M | Łaziska Górne | Augusteam Chorzów | M60 | 2 | 00:26:45.47 | 00:26:45.47 |
| 58 | Justyna | Drąg | 261 | K | Ligota Błotna | | K30 | 5 | 00:26:54.17 | 00:26:54.17 |

| M-CE | IMIĘ | NAZWISKO | NUMER | PŁEĆ | MIASTO | KLUB | M-CE W KATEGORII | KAT. WIEKOWA | CZAS NETTO | CZAS BRUTTO |
|------|------------|---------------------|-------|------|----------------------|------------------------------------|------------------|--------------|-------------|-------------|
| 59 | Adam | Stawicki | 166 | M | Katowice | | M30 | 26 | 00:26:55 | 00:26:58 |
| 60 | Konrad | Lofek | 51 | M | Chrzanów | | M30 | 27 | 00:26:59.87 | 00:27:00.05 |
| 61 | Mateusz | Stefański | 76 | M | Mikołów | | M30 | 28 | 00:27:00.80 | 00:27:01.24 |
| 62 | Angelika | Bruderek | 113 | K | Łaziska Górne | | K30 | 6 | 00:27:09 | 00:27:12 |
| 63 | Danuta | Kostrzewa | 135 | K | Mikołów | Ronin | K40 | 2 | 00:27:10 | 00:27:18 |
| 64 | Michał | Mokrzański | 195 | M | Ruda Śląska | YesCzelendź! | M30 | 29 | 00:27:16.97 | 00:27:20.38 |
| 65 | Julia | Lisoń-Kubica | 50 | K | Knurów | Inżynieria Biegania Team | K20 | 4 | 00:27:29.70 | 00:27:29.70 |
| 66 | Anna | Blaut-Kubanek | 184 | K | Mikołów | | K40 | 3 | 00:27:31.08 | 00:27:31.97 |
| 67 | Grzegorz | Wójcik | 177 | M | Łędziny | | M60 | 3 | 00:27:29 | 00:27:38 |
| 68 | Paweł | Tomala | 204 | M | Katowice | | M30 | 30 | 00:27:35.69 | 00:27:38.12 |
| 69 | Marcin | Psurek | 69 | M | Ruda Śląska | | M20 | 8 | 00:27:37.12 | 00:27:40.86 |
| 70 | Lucyna | Piechoczek-Niezgoda | 197 | K | Żory | | K40 | 4 | 00:27:41.03 | 00:27:44.46 |
| 71 | Mateusz | Łukasik | 143 | M | Siemianowice Śląskie | Kozak Team | M30 | 31 | 00:27:48 | 00:27:53 |
| 72 | Arkadiusz | Rekus | 71 | M | Gliwice | | M20 | 9 | 00:27:54.99 | 00:27:56.89 |
| 73 | Agnieszka | Kieś-Dudys | 131 | K | Rybnik | | K30 | 7 | 00:28:13 | 00:28:14 |
| 74 | Dariusz | Kołlik | 133 | M | Łaziska Górne | Kozak team | M50 | 6 | 00:28:14 | 00:28:20 |
| 75 | Andrzej | Szołtysik | 81 | M | Ruda Śląska | | M50 | 7 | 00:28:16.71 | 00:28:20.65 |
| 76 | Agata | Holona | 126 | K | Żory | | K30 | 8 | 00:28:26 | 00:28:33 |
| 77 | Tadeusz | Michulec | 59 | M | BIERUŃ | chwalisz nie chwalisz lotej z nami | M60 | 4 | 00:28:33.17 | 00:28:33.17 |
| 78 | Rafał | Misiak | 148 | M | Zabrze | M.TREN | M20 | 10 | 00:28:33 | 00:28:34 |
| 79 | Grzegorz | Tomala | 205 | M | Zwonowice | | M50 | 8 | 00:28:33.68 | 00:28:36.06 |
| 80 | Ireneusz | Stasiszyn | 75 | M | Mysłowice | XXX | M50 | 9 | 00:28:41.40 | 00:28:42.25 |
| 81 | Piotr | Kowalski | 42 | M | Tychy | | M40 | 11 | 00:28:47.47 | 00:28:47.94 |
| 82 | Karolina | Kisiel | 188 | K | Piekary Śląskie | | K20 | 5 | 00:28:55.26 | 00:28:58.69 |
| 83 | Emilia | Sowulewska | 164 | K | Przysowice | | K15 | 1 | 00:28:55 | 00:29:03 |
| 84 | Sebastian | Stępniewski | 77 | M | Katowice | | M30 | 32 | 00:29:07.45 | 00:29:07.55 |
| 85 | Grzegorz | Widerski | 93 | M | BEŁK | | M40 | 12 | 00:29:17.49 | 00:29:22.22 |
| 86 | Dorota | Ławniczak-Cielińska | 142 | K | Tychy | | K40 | 5 | 00:29:21 | 00:29:26 |
| 87 | Przemysław | Wiśniewski | 175 | M | Częstochowa | | M30 | 33 | 00:29:20 | 00:29:28 |

| M-CE | IMIĘ | NAZWISKO | NUMER | PŁEĆ | MIASTO | KLUB | M-CE W KATEGORII | KAT. WIEKOWA | CZAS NETTO | CZAS BRUTTO |
|------|------------|--------------|-------|------|------------------|-----------------------|------------------|--------------|-------------|-------------|
| 88 | Adam | Hamik | 26 | M | Bierun | SpartaHamster | M40 | 13 | 00:29:35.09 | 00:29:35.09 |
| 89 | Dagmara | Czajka | 119 | K | Mikołów | Mokre dziki | K40 | 6 | 00:29:34 | 00:29:44 |
| 90 | Małgorzata | Perz | 156 | K | Katowice | | K30 | 9 | 00:29:38 | 00:29:45 |
| 91 | Mateusz | Kubara | 44 | M | Warszawa | ENEL-MED RUNNERS TEAM | M30 | 34 | 00:29:45.57 | 00:29:46.47 |
| 92 | Adrian | Leder | 141 | M | Chorzów | | M20 | 11 | 00:29:38 | 00:29:49 |
| 93 | Mateusz | Czerwiński | 14 | M | Pszczyna | | M40 | 14 | 00:29:52.24 | 00:29:52.24 |
| 94 | Kamil | Jamróż | 28 | M | Ruda Śląska | | M40 | 15 | 00:30:14.41 | 00:30:14.41 |
| 95 | Michał | Kołodziejczk | 41 | M | Rybnik | | M40 | 16 | 00:30:12.98 | 00:30:14.76 |
| 96 | Kamil | Szafron | 80 | M | Tychy | | M20 | 12 | 00:30:18.65 | 00:30:18.65 |
| 97 | Joanna | Parlewicz | 64 | K | Tychy | | K40 | 7 | 00:30:18.70 | 00:30:18.70 |
| 98 | Marek | Zasiek | 102 | M | Ruda Śląska | | M50 | 10 | 00:30:22.53 | 00:30:26.54 |
| 99 | Łukasz | Kapica | 128 | M | Myszków | | M30 | 35 | 00:30:33 | 00:30:33 |
| 100 | Arkadiusz | Wilczek | 94 | M | Ruda Śląska | Run Away Team | M40 | 17 | 00:30:28.40 | 00:30:35.43 |
| 101 | Michał | Dramski | 15 | M | Tarnowskie Góry | | M20 | 13 | 00:30:37.44 | 00:30:37.44 |
| 102 | Henryk | Sęk | 163 | M | Suszec | Suszeckie Iten | M50 | 11 | 00:30:34 | 00:30:40 |
| 103 | Joanna | Masztalska | 146 | K | Zabrze | | K20 | 6 | 00:30:43 | 00:30:48 |
| 104 | Anna | Tochowicz | 88 | K | Katowice | | K20 | 7 | 00:30:50.63 | 00:30:50.63 |
| 105 | Mariusz | Dygant | 17 | M | Katowice | | M30 | 36 | 00:30:56.32 | 00:30:57.06 |
| 106 | Katarzyna | Bołotiuch | 111 | K | Wola / Pszczyna | PoWoli do Celu | K40 | 8 | 00:31:12 | 00:31:13 |
| 107 | Tomasz | Pluszyński | 67 | M | Katowice | | M20 | 14 | 00:31:22.44 | 00:31:29.39 |
| 108 | Agata | Wiśniewska | 174 | K | Częstochowa | | K30 | 10 | 00:31:21 | 00:31:30 |
| 109 | Jan | Zaborowski | 207 | M | Katowice | | M60 | 5 | 00:31:29.51 | 00:31:30.49 |
| 110 | Piotr | Kupich | 47 | M | Mysłowice | | M50 | 12 | 00:31:30.56 | 00:31:32.08 |
| 111 | Ewa | Cichecka | 186 | K | Tychy | | K40 | 9 | 00:31:31.79 | 00:31:36.11 |
| 112 | Aneta | Przybył | 68 | K | Chorzów | | K30 | 11 | 00:31:38.03 | 00:31:38.69 |
| 113 | Aleksander | Szafran | 169 | M | ŁODYGOWICE | | M40 | 18 | 00:31:30 | 00:31:40 |
| 114 | Anita | Kowol | 137 | K | Wodzisław Śląski | | K40 | 10 | 00:31:49 | 00:31:52 |
| 115 | Zofia | Straszak | 78 | K | Zabrze | | K40 | 11 | 00:31:49.60 | 00:31:52.83 |
| 116 | Mateusz | Końbuc | 134 | M | Zabrze | ENEL-MED RUNNERS TEAM | M30 | 37 | 00:31:52 | 00:31:56 |

| M-CE | IMIĘ | NAZWISKO | NUMER | PŁEĆ | MIASTO | KLUB | M-CE W KATEGORII | KAT. WIEKOWA | CZAS NETTO | CZAS BRUTTO |
|------|----------------|------------------|-------|------|----------------------|------------------------|------------------|--------------|-------------|-------------|
| 117 | Damian | Suchoń | 267 | M | Katowice | | M30 | 38 | 00:31:51 | 00:31:58 |
| 118 | Agnieszka | Janiak | 29 | K | Bestwinka | Nemak Runners | K20 | 8 | 00:32:04.52 | 00:32:05.39 |
| 119 | Dominik | Widerski | 92 | M | Bełk | | M20 | 15 | 00:32:30.82 | 00:32:32.70 |
| 120 | Paulina | Serafin | 162 | K | Tychy | | K30 | 12 | 00:32:28 | 00:32:41 |
| 121 | Jan | Serwotka | 72 | M | Wodzisław Śląski | Forma Wodzisław Śląski | M70 | 1 | 00:32:39.08 | 00:32:41.01 |
| 122 | Joanna | Rygulska | 258 | K | Łaziska Górne | | K30 | 13 | 00:32:40.26 | 00:32:45.29 |
| 123 | Mariusz | Grelewicz | 123 | M | Tychy | LA TRACK&FIELD | M50 | 13 | 00:32:41 | 00:32:54 |
| 124 | Jan | Jędrasik | 187 | M | Tychy | | M30 | 39 | 00:33:02.44 | 00:33:08.93 |
| 125 | Jagoda | Zajęc | 179 | K | Jaworzno | | K20 | 9 | 00:33:02 | 00:33:12 |
| 126 | Anna | Musiał | 150 | K | Poznań | DBL | K30 | 14 | 00:33:05 | 00:33:14 |
| 127 | Paweł | Zajęc | 180 | M | Jaworzno | | M20 | 16 | 00:33:06 | 00:33:16 |
| 128 | Janina | Kohut | 39 | K | Mysłowice | | K50 | 1 | 00:33:26.55 | 00:33:26.98 |
| 129 | Marta | Maciąg-Masternak | 53 | K | Łaziska Górne | AuraRace | K30 | 15 | 00:33:27.09 | 00:33:31.04 |
| 130 | Małgorzata | Rakoczy | 70 | K | Ożarówice | ŁOgień ŁOżarówice | K20 | 10 | 00:33:32.23 | 00:33:34.13 |
| 131 | Agnieszka | Czech | 120 | K | Mysłowice | | K30 | 16 | 00:33:47 | 00:33:51 |
| 132 | Katarzyna | Osowska | 196 | K | Gliwice | | K50 | 2 | 00:33:46.98 | 00:33:51.41 |
| 133 | Tomasz | Kasperczyk | 35 | M | Łaziska Górne | bieg po zdrowie | M50 | 14 | 00:33:57.81 | 00:33:57.81 |
| 134 | Beata Izabella | Mitin | 149 | K | Cieszyn | | K40 | 12 | 00:33:53 | 00:33:58 |
| 135 | Hanna | Krzystanek | 139 | K | Siemianowice Śląskie | | K20 | 11 | 00:33:58 | 00:34:09 |
| 136 | Małgorzata | Aleksy | 2 | K | Mikołów | | K20 | 12 | 00:34:14.31 | 00:34:14.57 |
| 137 | Ewa | Margraf | 55 | K | Ruda Śląska | - | K40 | 13 | 00:34:17.84 | 00:34:19.79 |
| 138 | Klaudia | Golonka | 22 | K | Katowice | | K20 | 13 | 00:34:21.03 | 00:34:21.03 |
| 139 | Anita | Stefańska | 259 | K | Mikołów | | K30 | 17 | 00:34:36.67 | 00:34:37.36 |
| 140 | Małgorzata | Bulińska | 116 | K | Czerwionka-Leszczyny | | K60 | 1 | 00:34:39 | 00:34:41 |
| 141 | Ksymena | Bulińska | 115 | K | Czerwionka-Leszczyny | | K40 | 14 | 00:34:40 | 00:34:42 |
| 142 | Anna | Drygas | 257 | K | Łaziska Górne | | K30 | 18 | 00:34:50.66 | 00:34:56.68 |
| 143 | Dominika | Żyłka | 106 | K | Ruda Śląska | | K20 | 14 | 00:34:57.04 | 00:34:58.84 |
| 144 | Agnieszka | Nowicka | 63 | K | Ruda Śląska | | K40 | 15 | 00:35:31.77 | 00:35:32.66 |
| 145 | Klaudia | Kłodowska | 266 | K | Dąbrowa Górnicza | | K20 | 15 | 00:35:23 | 00:35:36 |

| M-CE | IMIĘ | NAZWISKO | NUMER | PŁEĆ | MIASTO | KLUB | M-CE W KATEGORII | KAT. WIEKOWA | CZAS NETTO | CZAS BRUTTO |
|------|------------|--------------------|-------|------|-----------------|------------------------|------------------|--------------|-------------|-------------|
| 146 | Anna | Cebula-Kotuła | 118 | K | Mikołów | | K30 | 19 | 00:35:36 | 00:35:40 |
| 147 | Justyna | Bernacka | 107 | K | Zabrze | | K30 | 20 | 00:35:38 | 00:35:43 |
| 148 | Rozalia | Czerkawska-Cieślik | 13 | K | Będzin | | K40 | 16 | 00:35:55.64 | 00:36:00.67 |
| 149 | Joanna | Limańska | 49 | K | Mikołów | | K30 | 21 | 00:36:18.28 | 00:36:20.43 |
| 150 | Dagmara | Michalik | 58 | K | Chorzów | Pęпки z Nieba | K30 | 22 | 00:36:21.38 | 00:36:25.40 |
| 151 | Monika | Kolton | 40 | K | Katowice | | K30 | 23 | 00:36:27.29 | 00:36:31.30 |
| 152 | Jakub | Wicher | 91 | M | KATOWICE | | M20 | 17 | 00:36:35.14 | 00:36:38.03 |
| 153 | Aleksandra | Krawczyk | 43 | K | Żory | | K20 | 16 | 00:36:36.52 | 00:36:39.13 |
| 154 | Artur | Karpiński | 129 | M | Katowice | ARTOURUS | M50 | 15 | 00:36:32 | 00:36:43 |
| 155 | Bożena | Żyłka | 105 | K | Ruda Śląska | | K40 | 17 | 00:36:47.51 | 00:36:49.30 |
| 156 | Magdalena | Kaczor | 127 | K | Knurow | Róż rzić z kanapy | K40 | 18 | 00:37:04 | 00:37:17 |
| 157 | Małgorzata | Machej | 52 | K | Kończyce Małe | | K50 | 3 | 00:37:28.58 | 00:37:29.45 |
| 158 | Natalia | Szulc | 82 | K | Gliwice | | K20 | 17 | 00:37:32.48 | 00:37:34.56 |
| 159 | Zbigniew | Chochorowski | 9 | M | Tychy | | M30 | 40 | 00:37:44.00 | 00:37:44.68 |
| 160 | Mirosława | Grabiec | 24 | K | Pszczyna | | K30 | 24 | 00:37:45.25 | 00:37:45.48 |
| 161 | Piotr | Jedynak | 33 | M | Zabrze | | M20 | 18 | 00:37:41.61 | 00:37:47.61 |
| 162 | Martyna | Haras | 125 | K | Ruda Śląska | | K20 | 18 | 00:37:40 | 00:37:50 |
| 163 | Łukasz | Bittner | 7 | M | Mysłowice | Team Papry | M40 | 19 | 00:38:00.24 | 00:38:00.24 |
| 164 | Bożena | Kaszubiak | 130 | K | Zabrze | | K50 | 4 | 00:37:54 | 00:38:03 |
| 165 | Aleksandra | Michalczyk | 147 | K | Ziemięcice | | K30 | 25 | 00:38:09 | 00:38:15 |
| 166 | Jacek | Ross | 160 | M | Zabrze | EJR | M40 | 20 | 00:38:27 | 00:38:36 |
| 167 | Paweł | Andrzejczak | 3 | M | Katowice | | M20 | 19 | 00:38:39.21 | 00:38:39.22 |
| 168 | Krzysztof | Pawliszak | 65 | M | Orzesze | Orzesze Nordic Walking | M50 | 16 | 00:38:42.40 | 00:38:42.58 |
| 169 | Michał | Niewiński | 60 | M | Ruda Śląska | | M30 | 41 | 00:39:10.68 | 00:39:15.75 |
| 170 | Anita | Nowak-Rak | 260 | K | Orzesze | | K40 | 19 | 00:39:32.28 | 00:39:32.56 |
| 171 | Ryszard | Tomaszewski | 172 | M | Mikołów | | M50 | 17 | 00:39:27 | 00:39:33 |
| 172 | Michał | Tomaszewski | 173 | M | Mikołów | | M20 | 20 | 00:39:27 | 00:39:33 |
| 173 | Marta | Tomaszewska | 171 | K | Mikołów | | K15 | 2 | 00:39:26 | 00:39:33 |
| 174 | Grzegorz | Kluszczyk | 36 | M | Tarnowskie Góry | | M20 | 21 | 00:39:37.44 | 00:39:38.73 |

| M-CE | IMIĘ | NAZWISKO | NUMER | PŁEĆ | MIASTO | KLUB | M-CE W KATEGORII | KAT. WIEKOWA | CZAS NETTO | CZAS BRUTTO |
|------|------------|---------------|-------|------|-----------------|------------------------|------------------|--------------|-------------|-------------|
| 175 | Danuta | Kluszczyk | 38 | K | Bytom | | K50 | 5 | 00:39:37.94 | 00:39:38.95 |
| 176 | Piotr | Kluszczyk | 37 | M | Bytom | | M50 | 18 | 00:39:36.72 | 00:39:38.97 |
| 177 | Bernadeta | Skorupka | 73 | K | RUDA SL | EKIPA NA KIJACH | K50 | 6 | 00:39:44.53 | 00:39:47.42 |
| 178 | Klaudia | Bolesławska | 110 | K | Katowice | | K30 | 26 | 00:40:03 | 00:40:10 |
| 179 | Zuzanna | Bartoń | 6 | K | Bełk | Zuzanna.barton@wp.pl | K15 | 3 | 00:40:20.06 | 00:40:24.07 |
| 180 | Hanna | Malec | 54 | K | Rybnik | Yno Wytrwej Team | K40 | 20 | 00:40:37.17 | 00:40:41.20 |
| 181 | Kamila | Groeger | 25 | K | Rybnik | | K30 | 27 | 00:40:39.60 | 00:40:41.54 |
| 182 | Arlena | Pawliszak | 66 | K | Orzesze | Orzesze Nordic Walking | K50 | 7 | 00:40:48.14 | 00:40:54.18 |
| 183 | Julia | Kubarek | 45 | K | Mysłowice | | K30 | 28 | 00:40:56.12 | 00:40:57.41 |
| 184 | Barbara | Wojciechowska | 97 | K | Jaworzno | | K40 | 21 | 00:41:41.82 | 00:41:43.77 |
| 185 | Sandra | Michalak | 57 | K | Gliwice | | K20 | 19 | 00:41:47.38 | 00:41:48.24 |
| 186 | Joanna | Tomalik | 89 | K | Sosnowiec | | K50 | 8 | 00:41:46 | 00:41:51.06 |
| 187 | Anna | Adamczyk | 1 | K | Dąbie | | K40 | 22 | 00:41:52.42 | 00:41:57.42 |
| 188 | Tymoteusz | Szwiec | 84 | M | Tarnowskie Góry | | M30 | 42 | 00:42:39.76 | 00:42:40.04 |
| 189 | Agnieszka | Szwiec | 85 | K | Tarnowskie góry | | K30 | 29 | 00:42:39.81 | 00:42:40.08 |
| 190 | Aleksandra | Zaręba | 101 | K | Bielsko-Biała | | K20 | 20 | 00:42:45.07 | 00:42:45.85 |
| 191 | Marta | Straszak | 167 | K | Ziemiecice | | K30 | 30 | 00:42:39 | 00:42:47 |
| 192 | Jan | Kaniewski | 34 | M | Orzesze | Orzesze Nordic Walking | M70 | 2 | 00:42:53.61 | 00:42:53.61 |
| 193 | Wojciech | Madeja | 144 | M | Mikołów | Zdechlok Team | M30 | 43 | 00:42:49 | 00:43:01 |
| 194 | Konrad | Straszak | 168 | M | Ziemiecice | | M30 | 44 | 00:43:25 | 00:43:32 |
| 195 | Bogusław | Szymkowski | 87 | M | Tychy | | M70 | 3 | 00:44:23.57 | 00:44:23.75 |
| 196 | Michał | Zawada | 103 | M | Piekary Śląskie | | M20 | 22 | 00:44:21.42 | 00:44:26.38 |
| 197 | Dominika | Banduch | 4 | K | Radzionków | | K15 | 4 | 00:44:22.51 | 00:44:26.55 |
| 198 | Wiktoria | Głogowska | 19 | K | Piekary Śląskie | | K20 | 21 | 00:45:05.26 | 00:45:11.23 |
| 199 | Hanna | Wichay | 90 | K | Łaziska Górne | | K40 | 23 | 00:45:34.28 | 00:45:34.84 |
| 200 | Urszula | Nabrdalik | 265 | K | Dąbie | | K60 | 2 | 00:45:31.64 | 00:45:37.68 |
| 201 | Maria | Curyło | 11 | K | Gliwice | | K30 | 31 | 00:46:12.11 | 00:46:12.40 |
| 202 | Karolina | Syka | 79 | K | Chorzów | Pęпки z Nieba | K20 | 22 | 00:46:30.42 | 00:46:34.47 |
| 203 | Krzysztof | Nowakowski | 61 | M | Jaworzno | | M40 | 21 | 00:46:42.99 | 00:46:45.96 |



| M-CE | IMIĘ | NAZWISKO | NUMER | PŁEĆ | MIASTO | KLUB | M-CE W KATEGORII | KAT. WIEKOWA | CZAS NETTO | CZAS BRUTTO |
|------|-----------|---------------|-------|------|-----------------|------------------------|------------------|--------------|-------------|-------------|
| 204 | Daria | Wojciechowska | 96 | K | Jaworzno | | K20 | 23 | 00:46:52.37 | 00:46:53.20 |
| 205 | Wiola | Ciołek | 10 | K | Oswiecim | SpartaHamster | K30 | 32 | 00:47:37.19 | 00:47:38.34 |
| 206 | Katarzyna | Głogowska | 20 | K | Piekary Śląskie | | K50 | 9 | 00:47:42.40 | 00:47:42.63 |
| 207 | Aneta | Zakrocka | 100 | K | Jaworzno | | K40 | 24 | 00:49:44.87 | 00:49:45.51 |
| 208 | Michał | Głogowski | 21 | M | Piekary Śląskie | | M50 | 19 | 00:49:46.01 | 00:49:46.09 |
| 209 | Natalia | Brzózka | 8 | K | Gliwice | Gliwice | K30 | 33 | 00:50:48.46 | 00:50:48.71 |
| 210 | Hanna | Czarnecka | 12 | K | Orzesze | Nordic walking Orzesze | K60 | 3 | 00:51:05.23 | 00:51:05.41 |
| 211 | Ilona | Jarska | 31 | K | Jaworzno | | K50 | 10 | 00:52:23.19 | 00:52:23.97 |
| 212 | Elżbieta | Melczyk | 56 | K | Jaworzno | | K50 | 11 | 00:52:23.29 | 00:52:24.02 |